

What to Bring to the Hospital

For Labor

	Photo ID and insurance card
	Birth Wishes folder
	Camera, video camera, memory stick, chargers, and batteries
	Snacks and drinks
	Comfortable pillows and blankets
	Mouthwash, toothbrush, and toothpaste
	Lip balm
	List of comfort items you want to use, such as music, rice pack, tennis ball, lotion, etc.
	Baby book; our nurses will place your baby's footprints in the book.

For Postpartum

	Toiletries: shampoo, conditioner, hair dryer, makeup, lotion, soap, and deodorant
	Hairbrush and hair tie
	Bathrobe, socks, slippers, and flip-flops
	Nightgowns or pajamas (button front or nursing gowns, if nursing)
	You may use our hospital gowns if you prefer
	Nursing bras or snug-fitting bras for non-nursing moms
	Underwear that is suitable for holding pads
	Something comfortable to wear home (what you wore at 26 weeks)
	Small fan, sound machine or ear plugs
	Eye mask
	Laptop computer or tablet with Wi-Fi capability
	Bow or wreath for your door



For Baby

	Longsleeve sleeper/gowns.
	Hats and Socks
	Blankets and swaddles. We provide plain blankets and T-shirts for use while here.
	Pacifiers
	Portrait outfit and blanket for background
	Going-home outfit
	Car seat, already installed in your car
	Diaper bag for the ride home
	Boppy or other nursing pillow

What we provide

	Formula, bottles, and nipples
	Diapers and wipes
	Infant hair brush and combs and T-shirts for use while here.
	Bulb syringe
	Thermometer